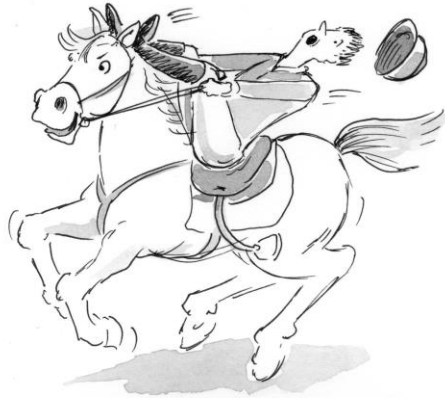


A Season of Grief
Day 36
Feeling the Need to Be in Control



When life seems to be spinning out of control, you may grasp whatever rein you can find and hand on. Holding those reins gives you a sense of being in control, not only of your life but, more specifically, of your emotions. Emotions can be frightening because they are the least controllable aspect of your nature. Men in particular feel the need to be in control.

“Most men are high on control,” says Jim Grassi. “When tragedy strikes, it’s a loss of control. You realize just how small you are in the scheme of things and that God is really the One in control. You must release that control and give it back to God and allow Him the full authority in your life.”

As long as you are fighting God for control, you will be the loser. Let it all go. Tell Him today that you are tired of fighting, that you want Him to have full authority in your life.

“The mind of sinful man is death, but the mind controlled by the Spirit is life and peace.”

Romans 8:6

Holy Spirit, I long for that life and peace. This fight to be strong has depleted the last of my so-called resources. Take my life and lead me on the journey of healing.

Amen